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*Details on website.

Obama landslide in Calgary

Exclusive Ivrnet/Metro poll shows overwhelming city support for Democrat candidate

DARREN KRAUSE
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It seems even in the heart of Canadian Conservative support, U.S. Democratic presidential candidate Barack Obama's message strikes a chord with the citizenry.

According to an exclusive Ivrnet/Metro News poll, 79 per cent of decided Calgarians would cast their vote in favour of the charismatic DNC hopeful. Longtime senator and war vet, Republican John McCain, tallied 21 per cent of decided Calgarians.

"I wasn't surprised that Obama was ahead, but I was surprised that he was ahead by so much," said Janet Brown, independent public opinion research consultant, noting the Alberta poll results favoured Obama more than an August 2008 nationwide Gallup poll, which found that 67 per cent of Canadians wanted to see Obama elected, while 22 per cent preferred McCain.

"I thought McCain would have more appeal here than in other parts of Canada."

Brown said Canadians often feel their political spectrum is quite complex, with a wide gap between Liberal and Conservative ideologies, when that gap is far greater in the United States.

"Words like socialism, redistribution of wealth and government regulation — these aren't bad words here in Canada," said Brown, adding that even typical Conservative party policies in Canada aren't distant from those of the U.S. Democratic party.

Ex-pat Steve Mesler, 30, a permanent Canadian resident with U.S. citizenship who makes his home in Calgary year-round while training for the U.S. Olympic bobsled team was also somewhat intrigued by Obama support in the city.

"It's surprising to me considering how politically conservative the city and province are," Mesler, who voted democrat, told Metro.

"But Calgary is a youthful and vibrant city and Barack Obama appeals to the younger generation."

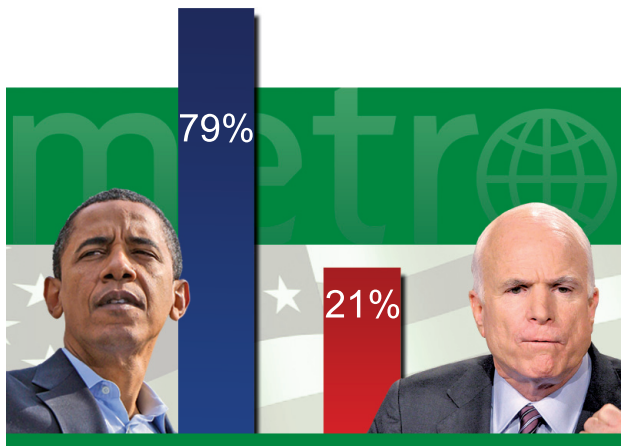
Among 18 to 34-year-olds, Obama captured 87 per cent of decided Calgarians.

Across the province support was statistically similar, with 77 per cent of decided Edmontonians and 75 per cent of other decided Albertans favouring Obama.

A total of 900 Albertans (300 in Calgary, 300 in Edmonton, and 300 elsewhere), aged 18 and over, were surveyed by Ivrnet through automated telephone interviews between Oct. 28 and 30, 2008.

Overall results for this survey are accurate to within +/-3.3 percentage points, 19 times in 20. Regional results are accurate to within 5.7 percentage points, 19 times in 20.

Survey results were weighted to reflect actual population distribution in terms of region, gender and age.



Overall results for this survey are accurate to within +/-3.3 percentage points, 19 times in 20.

Read an hour by hour election guide for TV viewers at metronews.ca/world

Comment pg 7
Trust should not equal shorter sentences

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Keeping a well stocked Bond cellar

Health pg 15
Cyber breakup

Your Money pg 9
Pretending to have it all

Celebrity pg 18
Amy being treated again

ROBIN KUNISKI/FOR METRO CALGARY

Colin Jackson, President and CEO of EPCOR Centre, will pay his respects along with others as the names of thousands of Canadian soldiers who died in the First World War are displayed at Olympic Plaza and the EPCOR Centre leading up to Remembrance Day.

Vets names projected on Olympic Plaza screen

MEMORIAL "What we are today comes from what happened then," says Colin Jackson, CEO and coordinator of the International Remembrance Day, commencing today at the EPCOR Centre in Calgary.

The week long event titled "Vigil 1914-1918" will be in remembrance of the Canadian veterans who died in WW1, whose bodies never returned to their homeland.

Beginning yesterday at sunset, 9,300 veteran names were projected onto screens set up outside Olympic Plaza, and multiple plasma screens inside the building.

Jackson says the 68,176 Canadians whose bodies are still buried in London, England are to be "brought home" through this international memorial.

"It's poetry, really. We want people to see the names as they walk by the centre."

Calgary is one of only two non-capital Canadian cities to be invited to this national celebration.

RAIHAN ISLAM/ FOR METRO CALGARY

Suspected Taser victim dies in hospital

INVESTIGATION The man who may have been hit with a Taser in the midst of a break and enter in progress in Calgary's southeast Saturday died in hospital yesterday.

It's still not clear whether the man, identified by the Alberta Serious Incident Team as George Walker Bowe, 30, of Castlegar B.C. was actually hit by the Taser or had a pre-existing medical condition.

"We'll have to resolve that issue as our investigation continues, said ASIRT executive director Clifton Purvis. "We are getting full co-operation from the Calgary Police Service."

An autopsy should be completed today and Purvis said investigators have taken custody of the Taser and are in the process of retrieving the data it contains.

Calgary police were called to the 500 block of 42 St. SE Saturday around 8:15 p.m. and found the man in the vacant basement of the home.

NEIL MACKINNON/ METRO CALGARY

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2 **Royal Canadian Legion, city police step up poppy box protection**
A new poppy box anti-theft system will monitor high traffic sites more frequently and offer safety ideas for retailers with boxes. Over 60 boxes were stolen in 2007. **METRO NEWS SERVICES**

Local

ROBIN KUNISKI / METRO CALGARY

Ald. Druh Farrell wants the city to look at several options to improve safety at city clubs, but Whiskey owner Jim Choy says he's already tackling the safety issue.

Bar safety hike eyed

Smaller clubs, more rules can curb crime: Farrell

NEIL MACKINNON
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Calgary's large-format bars aren't going to be banned, but increased safety guidelines and the way in which they're designed may be up for a revamp.

Licenses may also be revoked for habitual problem sites, according to Ald. Druh Farrell. He introduced a motion to council yesterday seeking a report by May intended to quell closing-time violence, distance big bars from residential areas, and widen sidewalks.

"Looking at a bar that's over 300 (people) — that's when you tend to have problems," Farrell said, noting ongoing complaints from police and EMS, who are repeatedly responding to the same types of incidents.

Farrell wants the city to work in conjunction with bar owners to create "peaceful establishments that still add to the vibrancy of the city."

In many ways, Whiskey nightclub owner Jim Choy thinks he's already done what Farrell is looking for.

After noticing violence was on a steady rise across the city, seven months ago Choy had his bouncers start checking purses, patting people down and using a metal detector wand.

Any sketchy folks that might have come in before keep walking now, he said.

"Not that violence was ever a real problem for us. It wasn't, especially with our 25-and-over crowd," Choy said.

"But since we put the wands in, we've seen that our incident rates have greatly dropped."

"Looking at a bar that's over 300 (people) — that's when you tend to have problems."
Ald. Druh Farrell

Westmount back to class under stronger security

SCHOOL New identification tags and increased supervisor visibility are just part of a laundry list of changes implemented at Westmount Charter School yesterday as students went back to class.

The school for gifted students was locked down twice last week, once for a nude man running through the building's hallways Wednesday, and once again Thursday after a man allegedly inappropriately touched a student.

New safety measures were implemented yesterday after meetings Friday between the school, Calgary police and Alberta Education.

Now with only two doors to the school open, there has been a substantial increase in the number of adults in hallways and entrances, and all students and staff were given Westmount photo identification tags. **METRO CALGARY**

metronews.ca
What's online today.

Read about Democrats' fears of a 2000 repeat, Republican efforts to keep George W. Bush out of sight and more U.S. election coverage at metronews.ca/world
Play online Sudoku at metronews.ca/play
Check out Kenya Hunt's new style column at metronews.ca/live

Public meetings set for Glamorgan, Killarney school closings
The CBE is holding public meetings regarding the closure of K to 6 programs at Glamorgan and Killarney schools. The Glamorgan meeting will be Nov. 5 from 7 to 10 p.m. at the Glamorgan School Gym. The Killarney meeting is Nov. 6 from 7 to 10 p.m. at the Killarney School Gym. METRO CALGARY

Bridge opposition fizzles in council

NEIL MACKINNON
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Calgary will gets its $25 million pedestrian bridges over the Bow River after all.

The bridges were not high on the city's priority list, argued Ald. Ric McIver who tabled a motion yesterday to reverse the September council decision that approved them.

"It's an extravagance we can't afford," McIver said.

McIver needed 10 votes to tear down the bridges before they were even built.

Ald. Ric McIver

He got seven and Ald. Bob Hawkesworth said while Calgary moves towards encouraging more pedestrian traffic instead of the car, such bridges are becoming essential.

"They have direct and strategic value and play an important role in relieving congestion in all the modes of travel in the city's transportation system," Hawkesworth said.

Condo complex evacuated

A fire forced the evacuation of a condo complex in the downtown early yesterday morning.

Fire crews were dispatched to the Liberte Eau Claire building in the 800 block of 3 Ave. SW around 7:30 a.m. yesterday after a 9-1-1 call reporting a fire.

Lexine Powich, 3rd floor resident at the Liberte, evacuated along with other residents, said she was able to return to her suite after 30 minutes.

According to fire officials, the fire originated from the 8th floor computer room of the 15-storey residential complex, and the flames did not spread outside that room.

The fire is still under investigation.

RAIHAN ISLAM/FOR METRO CALGARY

ROBIN KUNISKI/FOR METRO CALGARY

Cindy Peacock had her bag in hand to pick up after and her dog Rufus yesterday at the River Park off-leash area. Without it, dog owners can face a minimum $350 fine.

$350 for not scooping

NEIL MACKINNON
neil.mackinnon@metronews.ca

If Gary Cosgrove had piled it all up over the years, he'd probably be sitting on the makings of a small mountain.

Up to four times a day for more than 20 years, Cosgrove has habitually had bag in hand, cleaning up his pets' poop.

At Southland Dog Park yesterday, along with his five-year-old Portuguese water dog Kipper, the life-long dog owner applauded a city move that finalized a new $350 minimum fine against owners who don't pick up their pets' business and don't have something on hand to do so.

"I think it's a great idea," Cosgrove said. "Most people are pretty good, but there's those ones who won't pick it up even if it's in the middle of a path and this should get them thinking twice about doing that."

Ald. Ray Jones, who voted against the move because he thought the fine was a bit too rich, said dog owners still have a choice.

"Well, if you don't have a bag, you could always scoop it up and put it in your pocket," he said.

Taxes should tie to inflation: CTF

COSTS Property tax increases should be tied to the rate of inflation, and no more. That was the message being sent out by the Canadian Taxpayers Federation yesterday.

Ald. Andre Chabot agreed with the proposition and said he could support increases of 4.5 per cent, if pegged to the local rate of inflation. "We're challenged in terms of capping it to the Consumer Price Index because our costs aren't the same as the average households costs," Chabot said.

METRO CALGARY

MLA recovering after heart surgery

CALGARY MCCALL Darshan S. Kang, Calgary MLA for the McCall constituency, is recovering from heart surgery underwent last week.

According to representatives, Kang is currently recovering in the Foothills hospital, and is expected to be released in the next few days.

Kang was elected Liberal MLA for Calgary McCall March 3, 2008, beating out the Tory candidate by 118 votes.

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Canadian aboard plane that crashed in Amazon
Patrick Murphy, a Canadian who worked for Markham, Ont.-based Terraquest Ltd., a company that specializes in airborne geophysics, was aboard a plane that went missing Saturday in the Amazon jungles of Guyana, officials said yesterday. **CBC NEWS ONLINE**

Canada

Dancer files discrimination charge

Kim Ouwroulis doesn't believe her age should be a barrier in her chosen career: Exotic dancing. In an unusual test of age discrimination laws, the 44-year-old Toronto-area woman filed a complaint last month with the Human Rights Tribunal of Ontario, alleging the owner of a strip club fired her because she was too old.

CBC NEWS ONLINE

Ontario gets 'have not' status

ECONOMY Ontario will receive its first-ever handout from a federal program designed to help poorer provinces as the global financial slowdown crimps demand in its key manufacturing industries.

Finance Minister Jim Flaherty said after a meeting with his provincial and territorial counterparts yesterday that Ontario will receive $347 million next year under the $14.2 billion national equalization program.

It will mark the first time that Ontario, the most populous and industrialized province in Canada, will receive funds under the program.

Prince Edward Island, Nova Scotia, New Brunswick and Manitoba are also due to receive payments.

REUTERS

A 'have province'
Newfoundland and Labrador

- For the first time in its history, Newfoundland and Labrador will not be receiving equalization payments.

METRO NEWS SERVICES

Quality of life at risk: Report

Canada's environmental record is among the worst in the industrialized world, due in part to its poor performance in fighting global warming, according to a report from the Conference Board of Canada yesterday.

Canada placed 15th among 17 peers, beating only Australia and the United States. Greenhouse gas emissions, high garbage production, and rampant overuse of fresh water were its biggest environmental problems.

"Without serious attention to environmental sustainability, Canada puts its society and its quality of life at risk," the independent research organization said in the report.

Canada's government has been widely criticized for being soft on greenhouse gas emissions, which have been on the rise, partly due to booming development of the Alberta oilsands.

Canada's per capita garbage production, meanwhile, is significantly higher than any other OECD nation, and its per capita water usage is second only to the United States, according to the report.

Sweden, Finland and Norway took the top three slots on the list.

REUTERS

Vancouver **Falun Gong protest**

RAFE ARNOTT/METRO CANADA

A Falun Gong member rakes leaves in front of their protest structure outside Vancouver's Chinese Consulate yesterday. A hearing to decide the fate of the round-the-clock protest site is underway.

News in brief

GAY MARRIAGE Anglican bishop Barry Clarke of Montreal signalled yesterday he would defy the wishes of the global church and start drafting a ceremony for blessing homosexual marriages. While gay marriages are considered legal, churches are not compelled to perform weddings. **METRO NEWS SERVICES**

Earliest known shaman grave site found: Study
An ancient grave unearthed in modern-day Israel containing 50 tortoise shells, a human foot and body parts from numerous animals is likely one of the earliest known shaman burial sites, researchers said yesterday. REUTERS

World

Mushrooms to fight climate change?

Mushrooms and other fungi that feast on dead vegetation in the soil in dry northern areas like Alaska and Siberia eat less and produce less climate-warming carbon dioxide when the temperature climbs, researchers reported yesterday. The dry mushrooms' ability to decrease carbon emissions might offset 10 per cent of the entire amount of carbon dioxide released by human activities, researchers said. REUTERS

Media turn to Internet for election night coverage

Comedy spoofs by Tina Fey and Stephen Colbert have made the U.S. presidential race a made-for-television event, but today many voters will turn to the Internet to watch election night coverage.

Major media organizations expect record-breaking traffic on their websites as they follow results in the race between Republican John McCain and his Democratic opponent Barack Obama.

Cable network Current TV is taking its coverage a step further, relying entirely on web users to provide its news content.

"When you watch CNN, the commentators have laptops in front of them. That tells you all you need to know."
Frank Gilliam

TV networks' plans for heightened web coverage would seem to serve their audiences well. This past Friday, TV trackers at Nielsen Media released a study suggesting web surfing and watching TV go together. Thirty per cent of online activity at home happens while users are watching TV, the study found.

"Television will follow the Internet as much as the Internet will follow television, which I think is a relatively new phenomenon," said Frank Gilliam, dean of the school of public affairs at the University of California.

"When you watch CNN, the commentators have laptops in front of them. That tells you all you need to know," he said.

Among major news services, CNN predicts more than 1 billion page views on its website, and has planned a "Your Races" feature where users can get updates on even the most remote races, from Congressional contests to state ballot measures. REUTERS

California **Young turning gas-guzzlers into green machines**

ROBERT GALBRAITH/REUTERS

Musician Neil Young looks over his 1959 Lincoln Continental Mark IV that runs on electricity and natural gas during Salesforce.com's Dreamforce conference in San Francisco, Calif., yesterday. Young transformed the automobile through his newly created company, Linc Volt Technology, which promotes the conversion of existing gas-guzzling cars into vehicles that run on alternative energy.

Obama leads in 6 key states

ELECTION Democrat Barack Obama is leading Republican John McCain in six of eight key battleground states, including the big prizes of Florida and Ohio, according to a series of Reuters/Zogby polls released yesterday.

Obama holds a seven-point edge over McCain among likely U.S. voters in a separate Reuters/C-SPAN/Zogby national tracking poll, up one percentage point from Sunday.

The new state polls showed Obama with a lead in Missouri, Florida, Ohio, Virginia, Nevada and Pennsylvania.

"Obama's lead is very steady. He could be looking at a big day (today)," said pollster John Zogby. REUTERS

Bin Laden's media secretary sentenced to life in prison

JUSTICE A U.S. military tribunal at Guantanamo sentenced Osama bin Laden's media secretary to life in prison yesterday after convicting him of conspiring with al-Qaida, soliciting murder and providing material support for terrorism.

FBI interrogators testified that Yemeni prisoner Ali Hamza al Bahlul scripted the videotaped wills of two Sept. 11 hijackers and boasted of making a two-hour al-Qaida commercial designed to recruit suicide bombers. REUTERS

Tests confirm Fossett's death

INVESTIGATION Genetic tests on two bones found near the wreckage of Steve Fossett's airplane in the California mountains confirm the missing multimillionaire adventurer is dead, local authorities said yesterday.

Fossett widow Peggy Fossett said in a statement she welcomed the news of the DNA match and awaits the conclusion of the National Transportation Safety Board's probe into her husband's crash.

Fossett, 63, vanished after taking off in a single-engine Bellanca Citabria Super Decathlon on Sept. 3, 2007, from the airstrip of hotel magnate Barron Hilton's ranch in Nevada, sparking a long and massive search. REUTERS

News in brief

COURT Indonesia's Supreme Court said yesterday that a new appeal filed by lawyers for relatives of the Bali bombers against their imminent execution would not delay the sentence being carried out. Three men were sentenced to death for their role in attacks on two nightclubs in Kuta in 2002 that killed 202 people.

OBAMA The 86-year-old grandmother of Barack Obama has died of cancer, the Democratic presidential candidate said in a statement yesterday. REUTERS

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Solar panels getting more efficient
A new type of reflective coating can make solar panels far more efficient, soaking up nearly all available sunlight from nearly any angle, U.S. researchers said yesterday. Current solar panels absorb only about two-thirds of available sunlight. REUTERS

Iraq asks Iran to help it recover stolen antiquities

MIDDLE EAST Iraq has asked again for Tehran's help to return any of the thousands of treasured antiquities smuggled out of Iraq since 2003, which may have ended up in neighbouring Iran, an official said yesterday.

Abdul Zahra, a spokesman for the Tourism and Antiquities Ministry, said that Minister Qahtan Abbas al-Jibouri had met last week in Baghdad with an Iranian tourism official and the Iranian ambassador to Iraq.

Iraq wants any information Iran may have on the whereabouts of any antiquities smuggled across Iraq's eastern border, including pieces looted from Iraq's national museum and those dug up from archaeological sites across Iraq.

Zahra said the Jordanian and Syrian government had returned thousands of pieces smuggled out of Iraq, but past requests have not yielded the same results from either Iran or Turkey.

REUTERS

Missing artifacts

- More than 15,000 artifacts went missing from the museum during the looting of Iraq's national museum in 2003, about 6,000 of which have been returned.

Robots helping out docs

Healthcare officials look to invest in new technologies

A mechanical snake that can enter the body through natural orifices — not an incision — to perform operations is just one futuristic device researchers believe will transform traditional surgical techniques.

With a world recession looming and health care budgets under pressure, it may seem an odd time to be bullish about high-tech surgery.

Robots, after all, are not cheap. The average selling price of the market-leading da Vinci system from California's Intuitive Surgical Inc is $1.35 million US.

Some critics, including British fertility expert Robert Winston, have questioned the cost-effectiveness of robots when other treatments, such as cancer drugs, are being rationed.

"Patients need to be reassured that this is not a machine operating independently. This is an enabling machine."
Surgeon Ara Darzi

But proponents note prices will inevitably fall as usage and competition increase, as happened with once-costly computers.

Tens of thousands of prostate, heart and other procedures are already being performed by robots, and experts predict machines will be used to penetrate deeper into ailing bodies in the years ahead.

In a university laboratory behind London's Science Museum, researchers are working on a new generation of high-tech gadgets to take minimally invasive robotic surgery to the next level.

The prospect of robot arms probing into the abdomen may be alarming, but their precision can mean less trauma, quicker recovery, a shorter stay in hospital and reduced tissue damage.

Among men needing prostate operations — the biggest group to go under the robotic knife at present — that means less risk of impotence, according to doctors who use the devices.

"It's not the easiest concept to describe to a patient," said surgeon Ara Darzi, co-director of the Hamlyn Centre for Robotic Surgery at Imperial College London and a British government health minister responsible for patient care.

In his experience, patients are soon won over once the benefits are explained.

"Patients need to be reassured that this is not a machine operating independently. This is an enabling machine," he said.

REUTERS

Tehran **Iran remembers U.S. embassy seizure**

CAREN FIROUZ/REUTERS

Women walk past a mural on the wall of the former U.S. embassy during a ceremony to mark the anniversary of the seizure of the U.S. embassy in Tehran, Iran, yesterday.

Two senior cops in Mexico killed in ambush by hit men

VIOLENCE Suspected drug hit men ambushed and killed two senior police officers with grenades and guns in Mexico, where escalating cartel violence has killed more than 4,000 people this year, police said yesterday.

In the latest of a wave of police murders, gunmen threw grenades and opened fire on the police chief in the northern state of Sonora, next to Arizona, as he walked into a hotel in the border city of Nogales Sunday evening.

Gang killings

- Drug gang killings and attacks on security forces have soared, leaving an unprecedented 4,060 people dead so far this year as cartels lash back at President Felipe Calderon's army-led crackdown and open new turf wars with each other.

Hours later, closer to Mexico City, suspected cartel hitmen with automatic weapons shot dead the head of investigative police in the State of Mexico as he left his home early yesterday.

Twelve police have been killed in the State of Mexico since Thursday, the state attorney general's office said, and across Mexico 200 police officers and soldiers have been murdered in the past four months. Police are frequently targeted as traffickers fighting over routes into the United States seek to instil fear in state and municipal forces or punish corrupt officers for working for rivals.

REUTERS

Over 400,000 snakebites a year: Study

SCIENCE More than 400,000 people are poisoned by snakebites worldwide each year and 20,000 of them die, with most cases occurring in the poorest countries, researchers say.

In an article published in U.S.-based open access Public Library of Science Medicine, the researchers said the burden from snakebites was highest in South and Southeast Asia and sub-Saharan Africa.

Data on snakebites is far from comprehensive as most of them happen in places with poor health care systems and where record-keeping is generally poor or non-existent.

India has the highest figures — with 81,000 envenomings and 11,000 deaths each year, followed by Sri Lanka with 33,000 envenomings, Vietnam (30,000), Brazil (30,000), Mexico (28,000) and Nepal (20,000). REUTERS

News in brief

BAN UN Secretary-General Ban Ki-moon said yesterday he had improved the world body's ties with the Bush administration and hoped to strengthen them further with the next U.S. president being elected tonight.

CONGO Several top UN officials vehemently rejected suggestions yesterday that UN peacekeepers have failed to protect civilians in eastern Congo. REUTERS

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Comment & Views

Comment

Hero in darkest hour

Obama poised to be the president U.S. desperately needs

National**Report**

Lawrence Martin

Crack open the champagne! The world — or so the script has it — changes tonight.

Rarely, if ever, has there been so much fascination in an American election. The anticipated triumph of Barack Obama is being built up as an epochal moment in time. Like John Kennedy in 1960, like Franklin Roosevelt in 1932.

The expectations being thrust upon the 47-year-old senator from Illinois are dizzying. Given the series of obstacles he faces — the wars, the debt, the deficit, the Wall Street crisis, the recession — there is a good chance he will be pulled down quickly from the mountaintop. Hopes that he will be a transformative president could begin to fade quickly.

"One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country."

One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country. The problem with politicians, he has said, is that they get to Washington and they get "sucked into the conventional wisdom." They haven't got the strength to withstand the pressures to conform. They haven't conquered their inner territory.

One of the foremost challenges for Mr. Obama, who has an almost mystical quality about him, will be to avoid that trap, to avoid succumbing to the pressures from the political hacks.

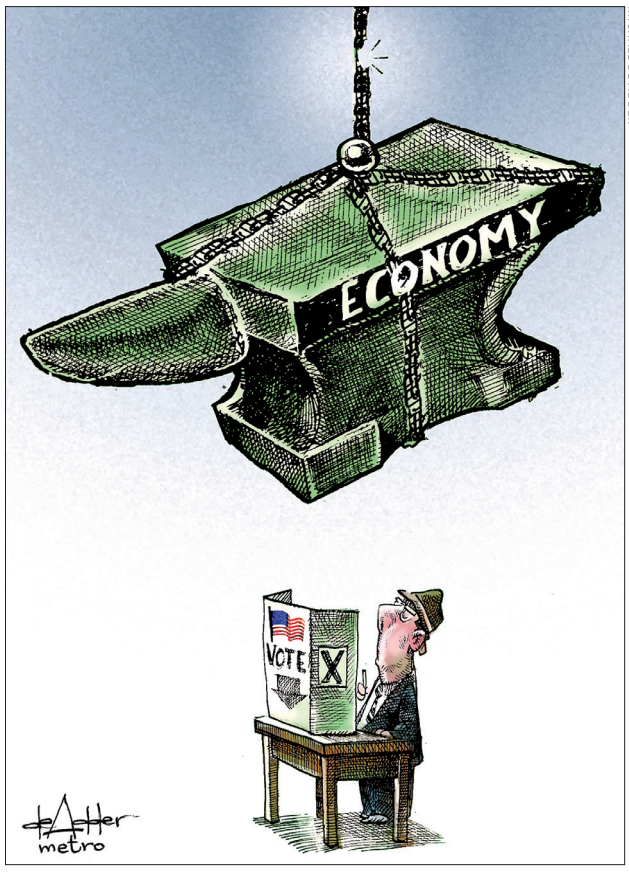
On the campaign trail he has been sounding disappointingly conventional of late. He talks, like most every American politician, of the need for big tax cuts — this when the country has a staggering debt and deficit load which make such tax cuts incomprehensible.

He had a refreshingly inclusive foreign policy but under pressure from lobbies it has become less distinguishable from the old-line stuff of John McCain as the campaign has progressed.

Supporters suggest — and we hope they are right — that Mr. Obama is only playing the games that are required to be elected. To read his book Dreams for My Father is to get a sense how different Mr. Obama is, how universal he is. It is what his country needs after the Bush years — a leader with a global mindset as opposed to a narrow American one.

When the hour is darkest, someone said, the hero will appear. In the story of the United States, it may be that time.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Abuse that breaks a child's trust

By Dr. Catherine C. Classen

The sexual abuse of children is wrong and damaging no matter how you look at it. To suggest otherwise (and believe me, some will) is to be naive, deluded or complicit.

Whenever the perpetrator is a trusted family member or some other trusted caregiver, the effects are particularly devastating.

Research has shown that the effects of being sexually abused by a caregiver are far worse than if the perpetrator is a stranger or someone they know but don't depend on, such as a neighbour.

Knowing this, you may be surprised to learn that the courts in Canada appear to think otherwise.

A study by the Cornwall pedophile inquiry has found that in the sentencing of pedophiles in Canada, those who held a position of trust with their victim received significantly shorter sentences. That's right, shorter sentences.

Dr. Catherine C. Classen

How can this be? One has to wonder whether we, as a society, cannot face the reality of abuse and its consequent damages.

Why is being abused by a caregiver so much more damaging to the victim? Psychologist Jennifer Freyd coined the term "betrayal trauma" to capture the particularly damaging effects of abuse by a caregiver.

A caregiver, such as a parent, is someone the child depends on to meet their basic survival needs, both physical and emotional.

The child abused by a caretaker is in the untenable position of needing to retain a relationship of dependency with the very person who is causing them great physical, emotional, and psychological harm.

The child may use a variety of strategies in order to resolve this impossible and devastating dilemma, including blaming his or herself (rather than the perpetrator), repressing the memories (which, unfortunately, does not protect the victim from its effects), or creating alternate personalities to experience the abuse so that other parts of the child can retain a relationship with the caregiver.

None of these alternatives protect the child from the devastating consequences of sexual abuse by a caregiver; consequences which include a sense of being worthless and fundamentally bad and an inability to trust or to form healthy intimate relationships.

Sexual abuse by a caregiver can require years of psychotherapy and a lifetime to overcome.

"The child abused by a caretaker is in the untenable position of needing to retain a relationship of dependency with the very person who is causing them great physical, emotional, and psychological harm."

We, as a society, need to face the disturbing reality of what it means when a child is sexually abused by someone upon whom they must depend. The courts need to send a clear message that such a betrayal of a child's trust deserves the full weight of the law.

Catherine C. Classen is associate professor in the Department of Psychiatry at the University of Toronto and academic leader of the Trauma Therapy Program at Women's College Hospital.

Letters

Tom Smith, VIA E-MAIL

The 20 per cent increase of property tax in the next three years is just frustrating for the common people.

The property tax for 2008 should be the highest because it was based on the peak market price in 2007. The current market price already dropped by over 10 per cent.

Why and how should the city government increase the property tax? The property tax should not be the last straw. How to cut the huge expenses and utilize the taxpayers' money more wisely and effectively would be the best choice.

It is ridiculous to spend 25 million dollars to renovate the pedestrian bridge over Bow River.

Why should the CEO of the Calgary Health Region have more than five million dollars in his pocket?

How much is the cost for other officials leaving the Calgary Health Region? I do not know where the justice is.

Thinking of these things makes me disappointed and outrageous. Why does such a modernized country with huge natural sources and only 30 million people have so many homeless residents?

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National Post cuts presence

The National Post, the flagship daily newspaper of Canwest Global Communications, said it is significantly cutting back its presence in Western Canada. The moves come as Canwest tries to cope with the global economic slowdown. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

AUTOS Lower prices led Canadians to buy more vehicles in October, industry figures showed yesterday, with overseas-based manufacturers adding to their market share while Detroit's Big Three were mostly in retreat.

DIESEL Refinery restarts by two of Alberta's key suppliers of diesel, Imperial Oil Ltd. and Suncor Energy Inc. should ease a shortage of the fuel in the region that has left some stations dry and others rationing.

INTERNET MySpace said it and online advertising technology company Auditude are working with Viacom Inc.'s MTV Networks to make money from video clips that its users put online.

REUTERS

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Recession just narrowly avoided, according to national think-tank

Canada is expected to barely skirt a recession as slumping trade with the United States, softer commodity prices, and tighter credit markets dim its growth outlook into 2009, the Conference Board of Canada said yesterday.

The independent research group now expects gross domestic product to come in at 0.7 per cent this year, and at 1.5 per cent in 2009. That compares to an earlier forecast, released Oct. 15, of 0.8 per cent growth in 2008, followed by 2.2 per cent next year.

The Conference Board expects U.S. GDP to squeak out just 0.5 per cent growth in 2009, before rebounding in 2010. Auto exports are down 19 per cent due to weaker U.S. demand. **REUTERS**

Rogers looks for new CEO outside of the family

MEDIA Media company Rogers Communications may look beyond the children of its founder for its next chief executive, analysts said yesterday after Ted Rogers was admitted to hospital last week.

The front-runners are children Edward and Melinda, and Nadir Mohamed.

REUTERS

Britain **Betting on Barack**

ANDREW WINNING/REUTERS

A woman helps impersonators wearing Sarah Palin and John McCain masks, during a photocall organized by bookmakers in London yesterday. The English bookmaker Labrokes is betting on Barack Obama to win the U.S. presidential election.

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Are we Generation Bling?

SmartCookies

This past week, the Smart Cookies spoke to 600 bright-eyed high school students about money. We took our message to this next generation with the goal of instilling some financial wisdom that we certainly didn't get (or listen to) at their age.

And a recent study indicates that we are not alone in our financial ignorance. Charles Schwab reports that most "Generation Xers" — aged 27 to 40 — are way behind when it comes to retirement savings. Almost half of the 5,000 people surveyed reported being so overwhelmed by debt and living paycheque to paycheque, that they could not even begin to think about savings and retirement planning.

As we began to think about what advice we could offer, we also thought about how generations before ours dealt with their money and what advice we could take from them now. One of our own Smart Cookies recalls chatting with her grandfather about how individuals of his age group spent and saved, and his answer was simple: "We had no credit, if we wanted to buy something, we had to have the cash to do so." Sound simple? It is! Here are more lessons from previous generations:

Cash, cash and more cash.

It may sound old school, but Smart Cookies live by the cash system. We allow ourselves an allotted amount of "fun money" each week, and when the money disappears, we are not allowed to resort to credit. It's helped us get out of debt, start saving and also has kept our priorities in check.

If the shoe fits, you don't have to buy it.

In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling?

For whatever reason, our generation never learned this lesson. Instead we feel that we are entitled to everything our parents worked their whole lives for — the beautiful home, the luxury car, the fabulous wardrobe — by the time we are 30. You will have all these things, just not right now. If you wait until you can truly afford them, these possessions will mean much more.

Whose life are you living anyway?

It's easy to fall into the trap of trying to keep up with your friends when it comes to portraying an image, but if it means using your credit, it's time to reconsider your priorities.

In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling? Not your friends or your family, who know that you are living way beyond your means. And we are willing to bet that your boyfriend doesn't care whether you have the latest Prada bag!

Visit smartcookies.com for more money saving tips and e-mail questions or comments to smartcookies@metronews.ca.

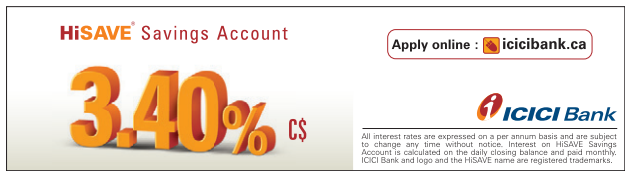
And pick up our book Smart Cookies Guide to Making More Dough on sale in bookstores.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

The online column will return next week.



Ready, set, tax free savings

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q Like many Canadians, I have lost tremendous value in my investments both inside and outside my RRSPs. I plan to strategically sell some of them to minimize my tax burden, including a transfer to the new Tax-Free Savings Account. Liam

A The past several weeks have been very stressful for many Canadians — particularly upon the receipt of their monthly investment statements. Most financial advisers would not recommend selling after portfolios have taken such a huge hit. However, individuals that have made their decision to sell some stocks should do so with Prime Minister Stephen Harper and his merry band in waiting.

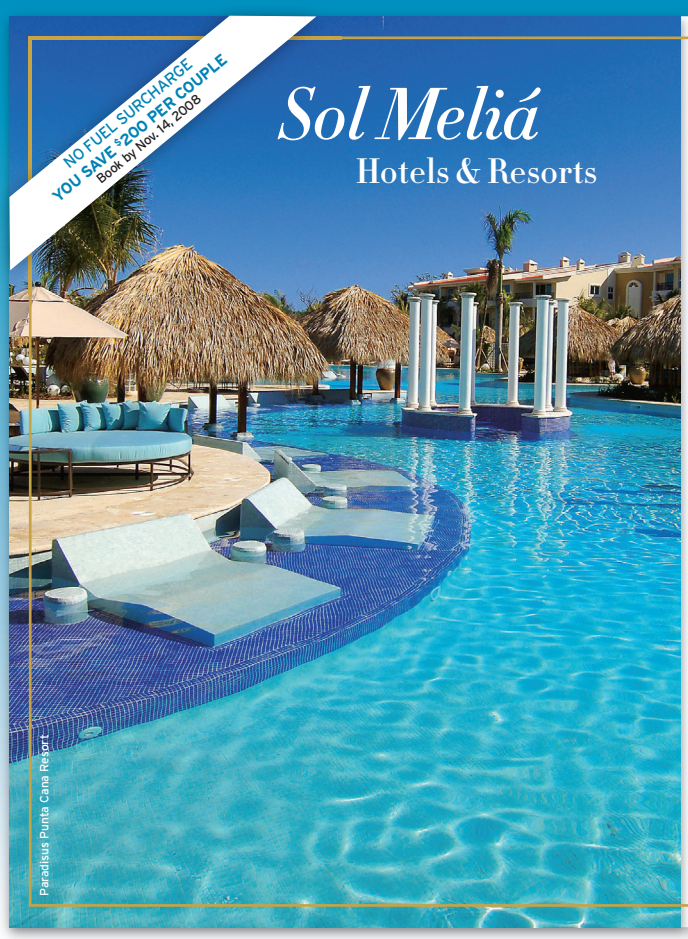
Investments sold inside RRSPs will not have tax consequences. RRSP losses cannot be used against income in their tax filing. Should an individual choose to withdraw any of these funds from their RRSPs, Mr. Harper will be more than happy to accept contributions.

Proposed in the 2008 budget, the new Tax-Free Savings Account (TFSA) becomes available in the new year, 2009. Individuals with any spare cash but with no desire to share with Mr. Harper should consider opening a TFSA.

For details about the TFSA, read the full column at metronews.ca

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

AIR CANADA VACATIONS



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All-Inclusive • Royal Service regal romance oceanview suite
Jan. 8-15 • 1 wk. $3389 Taxes & fees: $211

Paradisus Palma Real Resort • 5★
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Hat trick for Anaheim

Ducks' trio Ryan Getzlaf, Corey Perry and Teemu Selanne shared the NHL's first star honour after combining for 28 points last week. METRO NEWS SERVICES

Sports

SPORTS@METRONEWS.CA

Burris caps big month

Stamps Quarterback Henry Burris picked up some hardware Monday, winning the CFL Players' Association Pro Player of the Month Award.

Burris led the Stamps to a 3-1 record in October with 1,179 yards passing and 12 touchdowns, helping Calgary clinch first place in the West Division and a bye into the West Final where they will face the winner of Saturday's Roughriders/Lions west semifinal.

Burris and Alouettes pivot Anthony Calvillo are expected to be named the East and West Division nominees, respectively, for the league's top individual honour Tuesday when the CFL unveils its award finalists.

Burris reached career highs in yards and TD's this year.

The Football Reporters of Canada and the eight CFL coaches vote on the awards. Burris has enjoyed a banner '08 campaign, setting career highs in yards (5,094) and touchdowns (39) in leading Calgary to a league-best 13-5 regular-season record. He also was the CFL's top rushing quarterback (595 yards).

The CFL also announced Monday that six Stampeders have been named to the West Division all-star team: Burris, running back Joffrey Reynolds, receiver Ken-Yon Rambo, centre Rob Lazeo, cornerback Brandon Browner and kicker Sandro DeAngelis.

METRO NEWS SERVICES

Ovechkin back with Capitals

NHL Alexander Ovechkin returned to the Washington Capitals on Monday, practicing with his teammates after a week away to spend time with his ailing grandfather in Russia. The reigning Hart Trophy winner and last season's leading scorer was among the first few players on the ice at the team's practice facility, out with coach Bruce Boudreau about 15 minutes before the full session began. He skated Monday with his usual linemates — centre Nickas Backstrom and right-winger Viktor Kozlov — and is slated to play tonight, when the Caps play the Senators.

Ovechkin

METRO NEWS SERVICES

Ballesteros speaking

GOLF Five-time major winner Seve Ballesteros has spoken to his family as he makes progress in his recovery from a third operation on a brain tumour. The 51-year-old Spaniard underwent his third operation on a brain tumour just over a week ago.

His family posted a statement on the golfer's website on Monday, thanking everyone for their messages of support.

REUTERS

Iverson traded to Pistons for Billups

NBA The Detroit Pistons acquired four-time NBA scoring champion Allen Iverson from the Denver Nuggets yesterday in a blockbuster deal that sent Chauncey Billups, Antonio McDyess and Cheikh Samb to Colorado.

After watching Detroit knocked out in the Eastern conference finals for a third consecutive year in May, president Joe Dumars had promised to shake things up.

He delivered on his word just two games into the new season swapping Billups, the most valuable player on the Pistons 2004 championship team, for Iverson, the 2001 league MVP.

"We are pleased to welcome Allen Iverson to the Pistons organization," Dumars said on the NBA website. "Allen has proven he is one of the elite players in the league and we like what he adds to our roster at the guard position."

Taken with first overall by the Philadelphia 76ers in the 1996 NBA draft, Iverson has been one of the league's most consistent and dynamic scoring threats averaging 27.7 points per game in 13 seasons.

A nine-time all-star, 33-year-old Iverson averaged 18.7 points and 6.7 assists in the Nuggets'opening three games this season.

The move to Denver will constitute a home-coming of sorts for Billups and McDyess, who both had stints with the Nuggets earlier in their careers.

Billups, who was born in Denver and played his college ball in Colorado, was a cornerstone of a Pistons team that made it to the Eastern conference finals for six consecutive years.

The 32-year-old point guard has averaged 14.8 points and 5.5 assists in 12 NBA seasons, that has also included stops in Boston, Toronto and Minnesota.

McDyess will be embarking on his third stint in the Mile High City having played for the Nuggets from 1995-97 and again from 1998-2002.

REUTERS

Iverson may make his Pistons debut in Toronto on Wednesday.

CFL West semifinal sells out fast

Tickets to Saturday's CFL West semifinal in Regina between the Lions and Roughriders sold out in 35 minutes yesterday. **METRO NEWS SERVICES**

Alouettes the new odds-on favourites

YorkReport

Marty York
marty.york@metronews.ca

Before the CFL season kicked off in late June, the Montreal Alouettes were perceived as so inept and so incompetent that they were ranked as the longest of longshots to capture the Grey Cup championship.

They were 110-to-1 underdogs — with all seven of the CFL's other squads ranked by oddsmakers ahead of them, including the Toronto Argonauts, who were listed as Grey Cup favourites at 2.35-to-1.

And so it boggles the mind that, as this little league of lunacy prepares only four months later to launch its playoffs, it was the Argos who turned out to be inept and incompetent — and ineligible for post-season participation — while Montreal has emerged as the team to beat.

In fact, when the oddsmakers updated their CFL odds yesterday, the Als were listed as the new Cup favourites at 2.25-to-1.

They are followed by the Calgary Stampeders (2.5-to-1), the Saskatchewan Roughriders (8-to-1), the B.C. Lions (10-to-1), the Winnipeg Blue Bombers (17-to-1) and the Edmonton Eskimos (19-to-1).

• The Als finished atop the Eastern Division and defied the odds this season because:

– New head coach Marc Trestman quickly adapted to CFL-style football when skeptics suspected his strictly-NFL background would prevent him from doing so.

– Quarterback Anthony Calvillo, at 36, bounced back from a 2007 season of on-field and off-field adversity.

– Every other Eastern team, including Toronto, were dreadful.

• The Als need only two victories — the Eastern final and the Grey Cup game, both on their home turf — to win the CFL championship, which is largely why they're post-season favourites, but I'm sticking with the team I chose before the season — the Stamps, who have a first-rate offence with MVP candidate Henry Burris, their quarterback, as well as running back Joffrey Reynolds and receiver Ken-Yon Rambo. Reynolds and Rambo led the CFL in rushing and receiving, respectively.

And here's something else for the Als to worry about: The second-place finisher in the East has advanced to the Grey Cup game in three of the past four years. Winnipeg finished second in the East this season.

• And, in baseball, B.C. native Ryan Dempster has let it be known he's planning to jump from the Chicago Cubs as a free agent because the club will not offer him more than a three-year contract.

Dempster, an all-star pitcher in the past season, is 31 and wants at least four years guaranteed.

Either way, he's due for a bulky raise and will make no less than $12 million US a year. The most he made for any of his seasons with the Cubs was $5.5 million.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Favourites

• Oddsmakers have established the Blue Bombers as 2.5-point favourites over the Edmonton Eskimos for Saturday's Eastern semifinal in Winnipeg. The Roughriders, meanwhile, are 3.5-point favourities over the B.C. Lions for Saturday's Western semifinal in Saskatchewan.

Sports in brief

MLB Ruben Amaro Jr. signed a three-year contract Monday to become General Manager of the Philadelphia Phillies, a quarter-century after he was a bat boy for the team. Amaro just completed his 10th season as assistant Phillies GM and replaces the retiring Pat Gillick.

NFL The Detroit Lions are turning to a former Pro Bowl quarterback for help in trying to win their first game of the season. Daunte Culpepper has agreed to a two-year deal with the Lions and said Monday he would sign it after taking a physical.

NBA Raptors forward Chris Bosh was named the Eastern Conference's player of the week yesterday. Bosh led the Raptors to a 3-0 week by averaging 26.0 points, 10.0 rebounds and 3.7 assists. Hornets point guard Chris Paul took the Western Conference honour. **METRO NEWS SERVICES**

SCOREBOARD

NHL

WESTERN CONFERENCE

CENTRAL DIVISION

	W	L	OL	PTS
Detroit	8	2	2	18
Chicago	6	3	3	15
Nashville	6	4	1	13
St. Louis	5	5	0	10
Columbus	4	6	2	10

NORTHWEST DIVISION

	W	L	OL	PTS
Minnesota	7	2	1	15
CALGARY	7	4	1	15
Edmonton	6	4	1	13
Vancouver	6	6	0	12
Colorado	5	7	0	10

PACIFIC DIVISION

	W	L	OL	PTS
San Jose	10	2	0	20
Anaheim	7	5	1	15
Dallas	4	6	2	10
Phoenix	4	5	0	8
Los Angeles	3	6	1	7

EASTERN CONFERENCE

NORTHEAST DIVISION

	W	L	OL	PTS
Buffalo	8	2	2	18
Montreal	8	1	1	17
Boston	6	3	3	15
Toronto	5	4	3	13
Ottawa	4	5	2	10

ATLANTIC DIVISION

	W	L	OL	PTS
N.Y. Rangers	10	3	1	21
New Jersey	6	3	2	14
Pittsburgh	6	4	2	14
Philadelphia	4	4	3	11
N.Y. Islanders	3	7	2	8

SOUTHEAST DIVISION

	W	L	OL	PTS
Carolina	6	3	2	14
Washington	5	4	1	11
Tampa Bay	4	3	3	11
Florida	4	6	1	9
Atlanta	3	7	2	8

LAST NIGHT'S GAMES

Buffalo 2 New Jersey 0
N.Y. Islanders 4 Columbus 3 (OT)
Chicago 6 Colorado 2

TONIGHT'S GAMES

N.Y. Islanders at N.Y. Rangers
Carolina at Toronto
Washington at Ottawa
Phoenix at CALGARY
Nashville at Vancouver
Anaheim at Los Angeles
Minnesota at San Jose

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	PCT.
Toronto	3	0	1.000
Boston	2	1	.667
Philadelphia	2	2	.500
New Jersey	1	1	.500
New York	1	2	.333

SOUTHEAST DIVISION

	W	L	PCT.
Atlanta	2	0	1.000
Orlando	2	2	.500
Charlotte	1	2	.333
Miami	1	2	.333
Washington	0	2	.000

CENTRAL DIVISION

	W	L	PCT.
Detroit	3	0	1.000
Chicago	2	2	.500
Cleveland	2	2	.500
Milwaukee	2	2	.500
Indiana	1	1	.500

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	PCT.
Houston	3	0	1.000
New Orleans	3	0	1.000
Memphis	2	2	.500
Dallas	1	2	.333
San Antonio	0	2	.000

NORTHWEST DIVISION

	W	L	PCT.
Utah	2	0	1.000
Minnesota	1	1	.500
Denver	1	2	.333
Portland	1	2	.333
Oklahoma City	0	2	.000

PACIFIC DIVISION

	W	L	PCT.
L.A. Lakers	3	0	1.000
Phoenix	2	1	.667
Golden State	1	3	.250
L.A. Clippers	0	3	.000
Sacramento	0	4	.000

LAST NIGHT'S GAMES

Orlando 96 Chicago 93
Philadelphia 125 Sacramento 91
Detroit 101 Charlotte 83
Memphis 90 Golden State 79
Cleveland 100 Dallas 81
Utah at L.A. Clippers

Management going green
Sixteen universities in the U.S. and Canada have MBA programs with emphases, concentrations or specialization in environmentally and socially responsible business, according to the Association for the Advancement of Sustainability in Higher Education. SOURCE: GREENBIZ.COM

MBA Guide

Women execs supported: Study

Female executives are backed by emotionally-supportive husbands more often than previous research would suggest, a study co-authored by a York University professor has found. According to the research, women rank this emotional support as the biggest enabler of their success in work and family life.
METRO NEWS SERVICES

EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

A degree that works

MBA can get you closer to lucrative employment

MBAs can get you the six-figure jobs, but it's useful to consider time and money factors before enrolling into a program.

BRIAN TOWIE
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MBAs can advance a career, but it takes time and money, and your circumstances may dictate whether or not it's worth your while to pursue one.

A Master's Degree in Business Administration helps to break barriers and get you closer to the job you want at lucrative pay, and it's not just for the Bay Street boardroom types who pour over charts and demographics as one might think.

Many MBA programs offer hands-on opportunities to learn outside of the classroom — studying abroad, setting up entrepreneurial initiatives in your school's surrounding community, networking with senior executives — a student can pick up valuable business acumen and experience in a number of ways.

"What an MBA does for people is exponentially broadens their view of what business is all about. It's an economic study of the way the world works," says Barbara Jaworski, founder of The Workplace Institute and author of Kaa-Boom! How to Beat The Workforce Crisis 50Plus Worker And Beat The Workforce Crisis.

"What an MBA does for people is exponentially broadens their view of what business is all about. It's an economic study of the way the world works. If you've hit a ceiling, it's also an excellent way to start a new career."
Barbara Jaworski, founder of The Workplace Institute and author of Kaa-Boom! How to Beat The Workforce Crisis

"If you've hit a ceiling, it's also an excellent way to start a new career."

It's the degree that cross-pollinates, adds Tricia Ryan, author of marketing resource book Hungry To Succeed.

Even coupled with a degree that may be unrelated to business, economics and finance, an MBA shows trainability in more than one discipline and can lead to advancement in various fields.

"There's a realization that you've got a range of skills, and that can put you in senior positions in the long term," she said.

Some MBA schools have figured this out. York University's Schulich School of Business blends its MBA program with elective subjects such as arts and media, property development and health industry management.

Of course, it takes a serious investment of cash and time to yield that wealth of experience.

Students can expect to pay through the nose for an MBA (one of the most expensive ones being the University of Toronto's Rotman School of Business' full time MBA program, which runs more than $67,000), and curriculums can keep you out of the job market for more than a year.

You must therefore ask yourself if an MBA merits that kind of commitment, says Ryan, noting part time and 12-month intensive programs are growing in popularity among graduates and professionals.

"That is a challenge. Though it is a fabulous work experience, it's harder to go back and do an MBA if you're already making six figures," she said.

"You have to think about how far you are in your career. Let's say you went somewhere where it would cost $100,000 per year. How many years you would need to work to pay that back? If you've been working for some time, consider how many years you have left. Do you have the time?"

MBA programs across Canada

If you want to get that degree that will give you an advantage in the boardroom, but aren't sure where to take it, here are some of your cross-country options. Tuition fees don't include cost of books, living expenses, etc.

- **University of Alberta School of Business**
Where: Edmonton
How much: $23,500
Length of program: 16 months
This business school can frequently be populated by students looking to go into the oil and gas sectors, with a wide range of both international and domestic students participating in the program. Dean Mike Percy is well-connected in the city, and students who perform well can develop a network among Edmonton's power players that much faster.

- **University of British Columbia, Sauder School of Business**
Where: Vancouver
How much: $38,967.06
Length of program: 15 months
Sauder attracts the outdoorsy type who works as hard as they play: The penthouse boardroom gives a view of the North Shore mountains and access to Whistler is easy.

- **University of Calgary, Haskayne School of Business**
Where: Calgary
How much: $24,000
Length of program: 16 months
Much like the University of Alberta's School of Business, student can hob-nob with oil and gas execs in a small but booming community.

Students test their mettle in competitions

Entrepreneur Michele Romanow is turning her caviar dreams into reality.

Romanow, an MBA graduate from Queen's University, along with undergrads Anatoliy Melnichuk and Ryan Marien, groomed their idea for a caviar-producing fish farm into the winning entry at a prestigious business plan competition at the University of Western Ontario.

Now they're harvesting caviar roe from wild Atlantic sturgeon and selling it to restaurants across Canada for $80 to $100 an ounce, while seeking $6 million in venture capital to develop their own fish farm.

There's no question the case competitions were a critical factor in our success. We got incredible feedback from the judges, who are some of the top venture capitalists."
Michele Romanow

MBA students and undergraduates at business schools across Canada participate in case competitions to hone their problem solving, entrepreneurial and presentation skills. Competitions may be in-house or corporate-sponsored and open to national or international entries.

Winners earn everything from trophies to big cash prizes, and sometimes receive plum job offers from top companies or attract the attention of venture capitalists.

Romanow's group won the $25,000 first prize at Western's IBK Capital-Ivey Business Plan Competition in March and, with four other victories and two second-place finishes in other competitions, the group earned a total of $100,000 in prizes that they used to start Evandale Caviar.

Evandale has sold 75 per cent of the product to date to about 50 high-end establishments across Canada.

"There's no question the case competitions were a critical factor in our success," Romanow says. "We got incredible feedback from the judges, who are some of the top venture capitalists." TORSTAR NEWS SERVICE

Students at business schools participate in competitions to win venture capital.

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Scotiabank supports students from China

Scotiabank recently partnered with Guanghua School of Management, at Peking University, and the Schulich School of Business, at York University. The initiative established a $1 million endowed scholarship program to support Chinese students wishing to complete their MBA studies in Canada. METRO NEWS SERVICES

Being realistic key in tough market

Jobs may have fewer perks but MBA grads in demand

While experts admit the job market next year might be challenging, Joseph Palumbo of the Schulich School of Business at York University says that companies are still coming to hire students.

ERIC EMIN WOOD
for Metro Canada

Despite the recent downturn in the stock market, the value of an MBA remains strong.

"It's still moving along from our perspective," says Shahauna Siddiqui of BluEra, an executive search company in Calgary.

"We're finding that companies who have been well managed are taking advantage of the downturn to build their companies, so when things start picking up they'll be ready to attack the market."

A graduate of the University of Calgary's Haskayne School of Business, Siddiqui remained at the school as an MBA career coach and later as associate dean before transferring to the executive search industry.

Siddiqui admits the job market in the next year might be challenging. "But MBA students are unique," she says, "because they already have a career history. I don't think companies will be recruiting as much directly on campus, but I think for MBA students there's still a great market."

"Instead of making $90,000 as a base salary, you might be making $60,000 as a base salary. Still pays the bills, still very good, just not as high-flying."
Joseph Palumbo

Student expectations need to be realistic, says Joseph Palumbo, executive director of the career centre at the Schulich School of Business at York University. "If your goal is to work at one of the five big Canadian banks you'll work there," he says, "it just may not be in the area that you want."

Students may have to settle for lower-paying jobs within banks, Palumbo says. "Instead of making $90,000 as a base salary, you might be making $60,000 as a base salary. Still pays the bills, still very good, just not as high-flying," he says.

MBA students will also have to expect a drop in signing bonuses, Palumbo says. "In top banking jobs, you're going to get $20-$25,000 in signing bonuses," he says. "I am very convinced that those will be gone this year."

Both Siddiqui and Palumbo predict a spike in enrollment. "It's fairly logical that if you lose your job, this is a great opportunity to go back and re-invest in yourself," Palumbo says.

"Then when you come back out A) the market will be better, and B) you're going to be more marketable."

Ultimately, Palumbo says, the job market will be stronger for people in entry-level positions, since many companies are cutting senior staff and hiring new recruits at the lower end.

"We're seeing companies that are very public about their job cuts, yet they're still coming to get students," says Palumbo. "Why? Because if you don't continue to get students, then ten years down the road, when you're looking for your future managers and directors, you don't have them."

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SCHULICH LEADS IN RANKINGS

The Schulich MBA is ranked in the **world's top tier** of best business schools by leading publications, including *The Wall Street Journal* (11th in the world in "Top International Schools" ranking); *The Economist* – Economist Intelligence Unit (15th in the world); *Forbes* (4th best non-US school); and *Expansión* (23rd in the world) in their most recent global surveys. **The Schulich MBA** is also ranked **#1 in Canada** by the same publications.

Kellogg's global network of Executive MBA programs, including the Kellogg-Schulich EMBA, is ranked **#1 in the world** by *The Wall Street Journal* in its inaugural EMBA survey. **The Kellogg-Schulich EMBA** is ranked **#1 in Canada** by the *Financial Times* of London in its most recent global EMBA survey.

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"Employers will ... find very high-quality applicants from our large diverse pool of MBA professionals," she added.

Finding and hiring innovative and knowledgeable talent has never been more important than in today's business market, said Austring, who is also a professor in the business faculty at the University of Regina.

"MBAjobs.ca centralizes all the MBA-related needs in one place," she said. "A true, simple, and an effective solution to hiring in the Canadian MBA job market," she said.

Canada's MBAjobs.ca helps employers find highly skilled MBAs.

"We are not the same as other online job boards; we have an innovative team paying close attention to the job posting results.

"We are serious about getting results for our employers," Austring added.

According to MBAjobs.ca, 40 per cent of MBA-required jobs across Canada are finance related.

Film reveals experience of 'orgasmic' birth
Filmmaker Debra Pascali-Bonaro, an internationally known childbirth expert, recently released a new film that reveals the experience of an 'orgasmic' birth, aptly called Orgasmic Birth. For more information, visit her website at *orgasmicbirth.com*. TORSTAR NEWS SERVICE

Health

Freshen up those runners

Tackle odours with fun styles and fresh scents by using Sneaker Balls. These are small air fresheners that are meant to fit anywhere — from inside your sneakers and gym bag to into a locker or clothes hamper. The deodorizing balls come in two scents, power mint and fresh scent, and five different designs, including happy faces, soccer and golf balls. Available at Wal-Mart, Mark's Work Wearhouse and Sport Chek for $5.99. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Breakups become a faceless affair

The J Spot

Breaking up with someone over text messaging, Instant Messenger or Facebook are just some of the insensitive ways technology has perpetuated faceless communication.

According to an October survey commissioned by Samsung Telecommunications America, 11 per cent of Americans say breaking up with a boyfriend or girlfriend via text message is okay.

But why stop there? Today's technology offers us all kinds of cowardly ways to break up with someone. Infamous blogger Sandra Soroka dumped her guy by changing her status to read: "Sandra is letting Will know it's officially over via Facebook status." Wikipedia.com owner Jim Wales used his own site to announce that he was no longer seeing his girlfriend and former Fox News correspondent Rachel Marsden. Then he personally gave her the news via Instant Messenger.

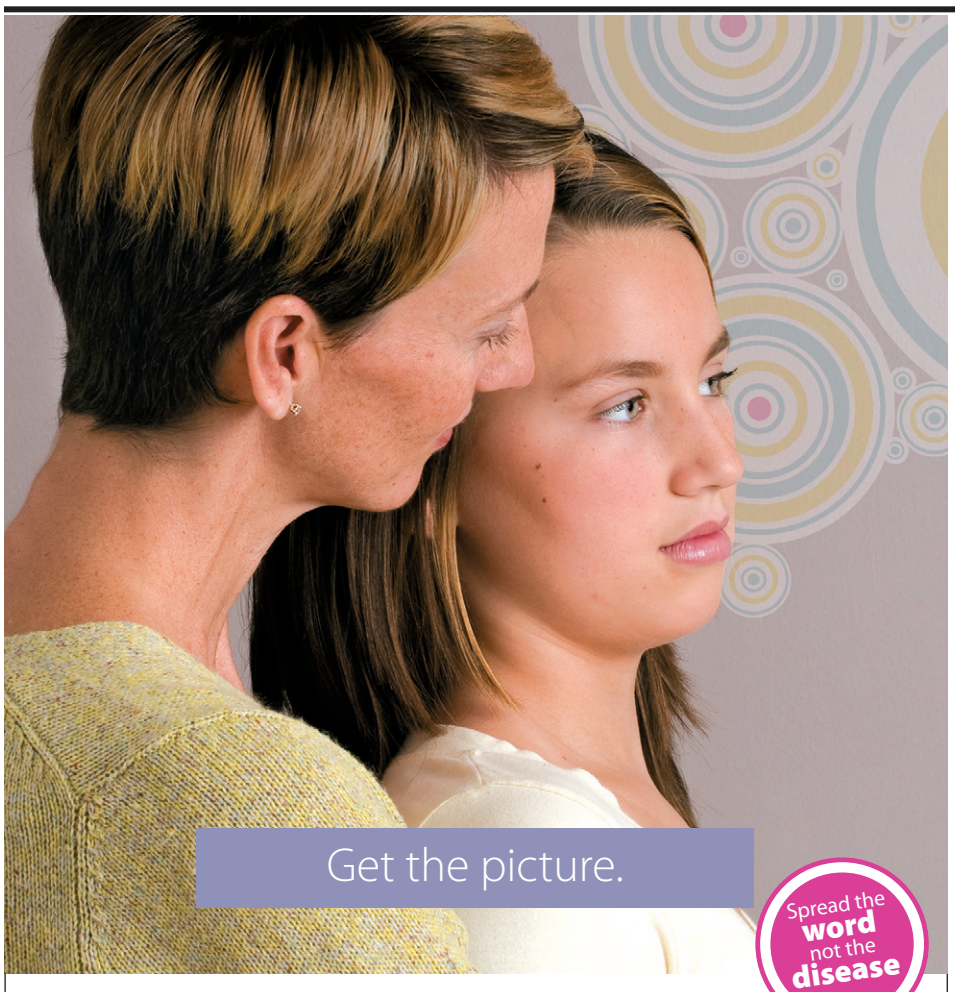
Or why not avoid the deed entirely and simply outsource your breakup? At *breakingupiseasytodo.com*, they'll send your dumpee a "kind" or "mean" breakup message via e-mail with an audio attachment.

And breakups aren't the only aspects of your relationship you can outsource. The "Rejection Hotline," (*rejectionhotline.com*) is a number you give someone you don't want to call you that will give them a recorded rejection so you don't have to. Want to get out of a bad date? Use a rescue call service (*cingular.com/voiceinfo*) that will call you at a predetermined time during your date so you can make a quick getaway. If a relationship leaves you with more than memories, use an anonymous and free STD e-card to notify past sex partners about exposure to sexually transmitted diseases.

Are we all just becoming a bunch of cowards when it comes to relationships and confrontation? Some argue this kind of faceless communication isn't always a negative thing. Deb Levine, the executive director of the Internet Sexuality Information Services (ISIS) in San Francisco, the folks behind the free STD e-cards, has said: "E-cards do not replace in-person communication, but for people who are diagnosed with an STD, e-cards can enhance sexual communication and ease a process of disclosure that can be extremely difficult."

Still, you have to wonder if all this confrontation avoidance isn't causing us greater damage. Forcing yourself to communicate and go through the difficult aspects of relationships is what makes us grow and learn.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Even if you don't see it exactly the same way.

My daughter's more concerned about genital warts and being embarrassed, but I'm more worried about the long-term effects like cancer. What's clear to both of us is that HPV is serious.

Go see for yourself and get the big picture.

hpvinfo.ca

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Grant, Parker hook up in romantic comedy

Sarah Jessica Parker and Hugh Grant have been tapped to co-star as an estranged couple in a new romantic comedy. The actors will reportedly play a high-powered New York couple placed in the witness-protection program in a small mid-western town in the upcoming film. IMDB.COM

Entertainment

Mom worried

James Bond star Daniel Craig's mother, Carol, feared her son would end up as a failed actor when he quit school. "I knew in my heart he would make it, but you worry as a mother." IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Bond tops foreign box office

MOVIES The new James Bond movie Quantum Of Solace has shot to the top of the international box office chart, taking $38.6 million US in its opening weekend, imdb.com reports.

The action thriller thrashed the competition in its first few days. In the U.K. market alone, it took $25.3 million US.

Pet Shop Boys to get special BRIT

MUSIC The Pet Shop Boys will receive the Outstanding Contribution to Music award at next year's BRIT Awards, femalefirst.co.uk reports.

Neil Tennant and Chris Lowe will receive the prestigious accolade at a February ceremony.

METRO NEWS SERVICES

Sizing up Bond's refined taste

Becoming **Bond**

Rick McGinnis
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There's a scene in On Her Majesty's Secret Service that's even more dated than Roger Moore's leisure suits and Sean Connery's terrycloth cabana wear.

After ordering a heap of beluga caviar to share with Bond girl Diana Rigg, one-shot Bond George Lazenby beats an evil henchman into unconsciousness, then helps himself to a heaping spoonful of glistening black fish eggs on a wedge of toast on his way out of the demolished hotel room.

Today, that single spoonful of caviar would cost you at least a hundred dollars, if you could get it at all. The James Bond created by Ian Fleming on the page and in over 20 movies onscreen is a self-styled sybarite and gourmand, but this might be an even more fantastic aspect of Bond than the villain's lairs in extinct volcanoes or the tricked-out sports cars.

Anthony Rommens runs Caviar Direct in the basement of Toronto's St. Lawrence Market, and when he began in the business 15 years ago you could still get real caviar from Caspian Sea sturgeon. One of the ironies of Bond is that the Soviet empire he fought against his whole career ensured him a steady supply of beluga for his amorous conquests; once the Berlin Wall fell, fishing for sturgeon in the Caspian became a free-for-all eventually controlled by the mafia. Three years ago, a ban was put on export of caviar from the area.

PHOTO BY STEWART BAILEY

Rick McGinnis, researching the Becoming James Bond series, with a few of the ingredients for the classic Bond martini.

"Basically it's fished out everywhere — it's an endangered species," Anthony tells me. "Even the average millionaire can't afford it." He's found alternative sources for his caviar, but you'd expect to pay at least $165 for a tiny jar of beluga.

"The idea of Ian (Fleming) being a sophisticated good liver was nonsense," says John Pearson in James Bond: The Real Story, a British documentary airing on the Discovery channel this weekend. Pearson is the author of biographies of both Fleming and Bond, and was the writer's assistant at London's Sunday Times.

At a Toronto liquor store, product consultant Stewart Bailey is trying to help me price out the sort of cellar a James Bond would need to have. A 2000 Dom Pérignon would cost $220, but a '55 — Bond's favourite vintage — runs between $1,205 and $1,942 according to a search on winesearcher.com. He'd need a good supply of gin and vodka for his martinis, and a few bottles of something like the 2003 Chateau Latour 2003 at $1,843.23 — "minus $0.25 for the bottle deposit."

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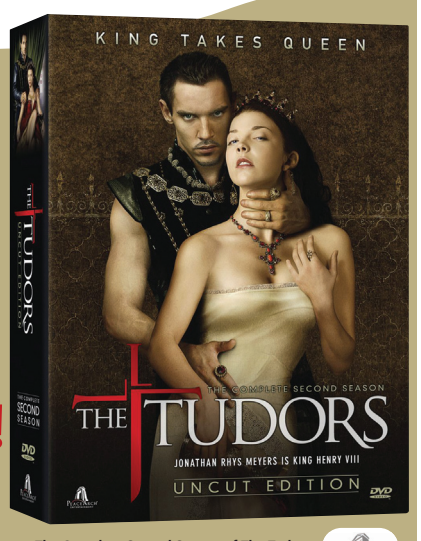

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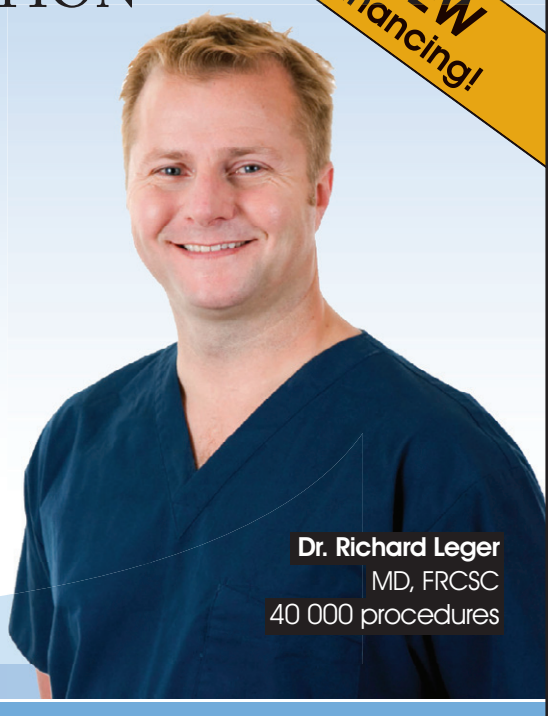

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Alyson Hannigan's character may be expecting
The pregnancy of the How I Met Your Mother star may be worked into the show's story line. IMDB.COM

TV mimics politics

IntelleVision

Rick McGinnis
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STAY TUNED Back in the '70s, we used to ominously quote the title of a Gil Scott Heron song called The Revolution Will Not Be Televised, the very mention of which was meant to cloak whatever you said next in the credible authority of One Who Knows.

We were wrong about a lot of things in the '70s — haircuts, trousers, architecture, Jimmy Carter, the viability of both open marriages and the Soviet system, to name a few.

We really blew it on the whole TV thing, though you have to understand that most of us were still only able to access less than a dozen channels at the time, a third of those blanketed in static and snow when the weather wasn't right, another third showing Petticoat Junction reruns for what seemed like half the day.

Today, I think we can be certain that, whatever revolution happens, it'll be covered endlessly on network news, masticated into pulp on cable news, and trivialized by any number of reality shows.

During its seven season run, The West Wing played out like political fantasy football for liberals — refuge from the reality of a Bush presidency in a world where a wise Democrat unafflicted by priapism occupied the White House.

It's common knowledge that the show's writers based Jimmy Smits' Matthew Santos on Barack Obama. But a recent New York Times article has itemized the instances where the show's final two seasons, covering Santos' presidential campaign, have proved prescient.

There is, of course, the chicken and the egg question of how much Obama's scriptwriters might have been following the previous script.

That will have to wait for the campaign post-mortem books and articles months, and even years, down the road. The test of the Times thesis will be apparent Wednesday morning.

A surprise McCain win might reduce the West Wing to a footnote to the Obama candidacy.

One thing's for sure: For all the insatiable demands of television today, the partisan culture of Hollywood probably won't provide a West Wing for Republicans should Obama win.

Rick McGinnis writes about music, movies, books and television, but not opera.

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Kenya Hunt

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	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
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primetime	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National (N)		
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	-	374	14 KSPS	The Newshour Election Night Coverage 2008 (HDTV) Election Day report. (Live)						Nova (DVS)		Amer. Masters
	502	390	15 CBC	(6) CBC News: The National U.S. election coverage. (N)								National
	-	370	16 KHQ	(5) 2008 Election Night Voting results. (Live)								
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	You Decide 2008: Election Special (HDTV) (Live)				News (N)
	297	652	37 WPIX	Privileged (HDTV) (N)		CW11 News at Ten (N)		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
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	410	403	30 SCORE	(5:30) Court Surfing		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
	411	457	44 OLN	Angry Planet	Flying Doctor	Which Way to... (N)		Pilot Guides		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	Pinks (HDTV)	Pass Time	Low Life	Low Life	Super Bikes!
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	6teen	Total Drama	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	The Best Years (DVS)		*Wide Awake* (2007, Drama) Missy Peregrym.				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House	Style by Jury	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	Good Naked
	521	560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		Half Ton Man (HDTV)		Mystery Diagnosis		Med. Examiner
	603	561	25 FOOD	The F Word (N)		Chef School	At the Table	Restaurant Makeover		Challenge		The F Word
	615	520	26 A&E	The First 48 (HDTV)		The Rookies	The Rookies	Jacked: Theft	Jacked: Theft	The First 48 (HDTV)		The First 48
	617	522	32 SHOW	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield
	601	562	33 SLICE	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean
	-	633	34 ENC2	(7:10) *Manhattan Murder Mystery* ★★★ (1993, Comedy)				*Summer* (2002, Comedy) Joe Cobden.			*Hatley High* (2003, Comedy)	
	520	505	35 DISC	Destroyed	Destroyed	Mighty Ships "Resolute"		Daily Planet		Destroyed	Destroyed	Mighty Ships
	620	523	36 BRAVO	Sweet Soul Music		Samba Squad		Law & Order "Hunters"		Without a Trace		*If These Walls*
	294	650	40 WPCH	*Anacondas: Hunt*		Steve Harvey	Family Guy	Family Guy	Seinfeld	*Anacondas: The Hunt for the Blood Orchid*		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Corner Gas	Nathan Fielder 2008		The Simpsons	South Park	Indecision
	-	539	42 TCM	*Decision-Sun*	*Command Decision* ★★★ (1948, War) Clark Gable.				*Decision Against Time* ★★ (1957, Drama)			*Valley*
	628	584	43 SPIKE	UFC Unleashed		UFC Unleashed		MANswers (N)	MANswers	CSI: NY (HDTV)		Trek: Voyager
	522	516	45 HIST	Outlaw Bikers		NCIS "Vanished"		Outlaw Bikers		Ax Men "The Big Hit"		NCIS
	627	528	46 SPACE	Battlestar Galactica		Rabbit Fall (N)	Star Wars	Stargate SG-1 (DVS)		Lost "What Kate Did"		Deep Space 9
	-	-	47 AMC	(6) *Rocky II* ★★★ (1979, Drama)			*Rocky II* ★★★ (1979, Drama) Sylvester Stallone, Talia Shire.					*WarGames*
	619	525	49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	The West Wing		Ghostly Enc.	In Dreams	Psychic Inv.	Encounters	Judging Amy		Commander
	269	350	93 APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Popaganda		Don't Forget the Lyrics!		Party of Five		Don't Forget the Lyrics!		Party of Five
	570	580	101 MM	So You Think You Can Dance Canada			Dance	Degrassi: Next	Instant Star	Pimp My Ride	disBand	Technical Diff.
	581	566	102 MTV	Paris Hilton's My New BFF		Paris Hilton's My New BFF (N)		MTV Live	After	Man and Wife	The Hills	Paris Hilton

critics'corner

The Tudors
When an irresistible force meets an immovable object — off with old immovable's head! In this new episode, Sir Thomas More and Bishop Fisher (Jeremy Northam, Bosco Hogan) continued opposition to Henry's (Jonathan Rhys Meyers) seizure of religious authority get them imprisoned in the Tower of London, where they face execution if they don't swear allegiance to him. Things aren't looking good for Anne (Natalie Dormer) either; Henry's eye is wandering again. 9 PM on CBRT

Live at the Rehearsal Hall
In "Kathleen Edwards," the roots-rock singer-songwriter performs an hour of favorites from her debut album, "Failer," as well as her sophomore effort, "Back to Me." Jim Cuddy of Blue Rodeo joins her onstage for "Hockey Skates" from the soundtrack of "Men With Brooms." Lance Chilton hosts the hour. 6 PM on BRAVO

Samba Squad: Drums We Love
Feel the beat. This hourlong documentary tells the tale of musician Rick Shadrach Lazar, who formed a large troupe of drummers. Some of the drummers had never touched percussion instruments before Lazar educated them. Now, he and his "band" wander around playing Latin-based music as well as rock, hip-hop and jazz. 8 PM on BRAVO

Kidman, hubby carry one-week rule

Actress Nicole Kidman reportedly has an agreement with her husband Keith Urban to never be separated for more than seven days despite their hectic schedules. FEMALEFIRST.CO.UK

Celebrity Buzz

Fox inspires Reynolds to finish marathon

PEOPLE Actor Ryan Reynolds has credited actor Michael J. Fox with giving him a boost as he raced to the finish line of the New York City marathon on Sunday, imdb.com reports.

Reynolds announced he would be running the 42-kilometre stretch last month, inspired to commit to the challenge after witnessing his father's battle with Parkinson's disease over the past 15 years. Fox also battles the disease.

"I'm still standing. I'm very excited about that. It was an incredible experience," he told reporters after crossing the finish line in three hours and 50 minutes.

"(During the race) I thought a lot about my father and Michael (J. Fox) and the 500,000 other people afflicted with this awful disease in the United States alone. I ran for those who can't," Reynolds said. "When I saw Michael J. Fox on Fifth Avenue, I gained about 15 pounds in goose bumps. It kind of pushed me through the last six miles or so."

METRO NEWS SERVICES

Amy returns to hospital

HEALTH After a weekend at home, Amy Winehouse has returned to hospital for ongoing treatment, People.com reports.

The 25-year-old singer has spent the past week being treated at the London Clinic. She left the hospital on Friday but checked back in yesterday.

"She had a chest infection (last week) and underwent some tests to make sure nothing else was wrong," a source said. Earlier this year, doctors diagnosed the Grammy Award winner with scarring of the lungs. "She has been told to give up smoking and was initially struggling with that — she was covered in nicotine patches at one point. But she is making an effort."

Despite her health woes, Winehouse has been recording tracks in her home studio for an upcoming album, her London-based rep, Chris Goodman, said.

METRO NEWS SERVICES

celebrity brief

Winslet doubted being famous

FAME Actress Kate Winslet didn't think she would ever be famous because she was "fat," femalefirst.co.uk reports.

"I never had huge ambitions, never," Winslet says. "I was fat. I didn't know any fat famous actresses. I just did not see myself in that world at all, and I'm being very sincere. You know, once a fat kid, always a fat kid. Because you always think that you just look a little bit wrong or a little bit different from everyone else. And I still sort of have that."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

celebrity brief

Butler reveals near epiphany

PEOPLE Actor Gerard Butler had an epiphany at the Church of the Holy Sepulcher in Jerusalem, Israel, but it wasn't enough to stop him from smoking, imdb.com reports.

Butler turned to prayer after hypnotism and patches failed to work, and for a moment, he thought a higher power had helped end his nicotine addiction.

"I really felt an epiphany was happening. I even thought I saw a light around me," he says. "Four hours later, I bought a packet of Marlboro Reds. Who am I kidding?"

METRO NEWS SERVICES

celebrity brief

Osbourne, beau move in together

RELATIONSHIPS Reality TV star Kelly Osbourne is getting serious with her boyfriend, Luke Worrall, PageSix.com reports.

The couple now "live together in Los Angeles and in London," a friend of both says. "They are so totally in love."

METRO NEWS SERVICES

Miller, Getty on rocks?

RELATIONSHIPS Actress Sienna Miller has reportedly shelved her romance with oil heir and actor Balthazar Getty after arguments over their differing lifestyles, imdb.com reports.

Miller is said to have recently flown back to Britain from the U.S. after initiating a "cooling off" period with Getty. She is claimed to have clashed with Getty, who recently announced his separation from wife Rosetta, over his reluctance to file for divorce.

However, according to Britain's Mail on Sunday, Getty is also fed up with Miller's partying lifestyle, so the couple has decided to spend some time apart in a bid to save their relationship, the newspaper claims.

A spokesperson for Miller has refused to comment on the reports.

METRO NEWS SERVICES

Moore doesn't want to talk to strangers: Report

FAME Julianne Moore hates it when strangers talk to her, femalefirst.co.uk reports.

The actress doesn't like fans assuming they know her and wishes they would respect her privacy.

"I simply don't like talking about my acting or the scene or any of that. I need my space," Moore says. "I'm there doing my thing, and to someone who doesn't know me, it will look like they can talk to me. But they can't."

Moore also admits her career decisions are often influenced by the lure of money.

"There is stuff you do because you love to do it, there is stuff that is not very good, and then there's stuff that you end up doing because you need the money, because like anyone else you have to have a job," she explained to Empire magazine.

METRO NEWS SERVICES

celebrity brief

DiCaprio starts slow with ladies

PEOPLE Leonardo DiCaprio was a "slow starter" with women, femalefirst.co.uk reports.

"I've always been a slow starter," he says. "My first date was with a girl called Cessi. We had a beautiful relationship over the phone all summer, and then when we met I couldn't look her in the eye." METRO NEWS SERVICES

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- *Ambrose Celebration Service 7 PM, Saturday November 8*
- *Official Openng Ceremony 3 PM, Sunday November 9*
  (Ribbon cutting and refreshments to follow)

AMBROSE

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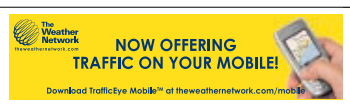
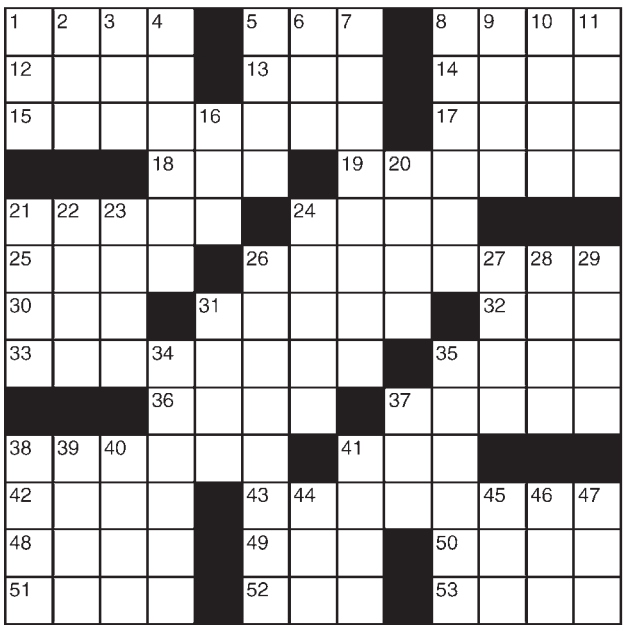
Today Partly sunny 5° / -4°
Wednesday Flurries 40% 0° / -9°
Thursday Mainly sunny 3° / -4°



Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		9				3		6
	2		3		4		5	
3			9		1			7
		5	8		2	9		
		1	7		6	5		
1			5		3			8
	9		4		7		6	
7		2				4		5

Crossword across

1 Moist
5 Occupation
8 Crones
12 Reed instrument
13 Blackbird
14 Geometry calculation
15 Dry red wine
17 Eastern royal
18 Reason to say "alas"
19 Drank
21 Pray in a synagogue
24 Arsonist
25 Phrase of understanding
26 Nightclubs
30 Round Table address
31 Bear
32 "Great Expectations" lad
33 Plotter
35 Missile shelter
36 Ceremony
37 Diamond side
38 Shrimp recipe
41 Lout
42 Forum garb
43 "... of — and kings"
48 Supplemented, with "out"
49 Boxing legend
50 Streamlet
51 Small plateau
52 Allow
53 Black

Crossword down

1 "What's up, —?"
2 Lawyers' org.
3 Horde
4 Runt
5 Tarzan's mate
6 Inseparable
7 Gradually
8 Port
9 Bedouin
10 Chromosome component
11 Aforementioned
16 Director Howard
20 Persia, now
21 Platter
22 Largest continent
23 Action word
24 Obey a comma
26 Indispensable
27 Grand tale
28 "Scrabble" piece
29 Dalmatian marking
31 Radar-screen sound
34 Fleet
35 Jungle trek
37 "Terrif!"
38 Goblet feature
39 Pepsi rival
40 A long time
41 Final notice
44 Brewery product
45 Card-table call
46 Wapiti
47 Crafty

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	2	6	1	5	4	8	3	9
9	1	5	8	3	7	2	6	4
4	8	3	2	9	6	5	1	7
6	9	8	4	7	2	1	5	3
3	4	1	6	8	5	9	7	2
5	7	2	3	1	9	4	8	6
2	3	9	5	6	8	7	4	1
8	6	7	9	4	1	3	2	5
1	5	4	7	2	3	6	9	8

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Curried chicken salad sandwiches

INGREDIENTS:
1/4 cup (50 mL) low-fat plain yogurt
2 tbsp (25 mL) light mayonnaise
1 1/2 tsp (7 mL) curry powder
1 tsp (5 mL) honey
1/4 tsp (1 mL) salt
2 cups (500 mL) chopped cooked chicken (8 oz/250 g)
1 apple, cored and chopped
2 celery stalks, chopped
4 lettuce leaves
2 whole-grain pita breads (8 in/20 cm), halved

METHOD:
1. In a large bowl, whisk together yogurt, mayonnaise, curry powder, honey and salt. Add chicken, apple and celery.
2. Place a lettuce leaf in each pita half and fill with 1/4 of the chicken salad.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Don't project your own flaws onto others. Refusing to commit won't free you. Don't play games with anyone who doesn't know you.

TAURUS
APRIL 21-MAY 21
A close call will distress you. You must ask for help, if you need it. You'll scream when a secret is finally told.

GEMINI
MAY 22-JUNE 21
Meeting someone new can inspire desire. Contact someone to share your good news. A miserable person has breached a boundary.

CANCER
JUNE 22-JULY 22
You're nostalgic about your old loves. Someone won't want to hear the truth. Confusion about signals will open your eyes.

LEO
JULY 23-AUG 23
A bully can be crushed by kind words. Look for emotional support from friends. Refuse to complain about negligence.

VIRGO
AUG 24-SEPT 22
Enjoy someone's fine sense of hilarity. You'll see where recklessness leads. The growth of a friendship will create turmoil.

LIBRA
SEPT 23-OCT 23
A weird man has something to say about a happy situation. Your simple pleasures will cause revelations. Rein in your hopeless expectations.

SCORPIO
OCT 24-NOV 22
You have a chance to leave a bad place. Something that was lost is found. Your special talents will be recognized.

SAGITTARIUS
NOV 23-DEC 21
Conflict is ended by your surrender. If you toe the line, you'll lay yourself open to fury. You can find a lost friend using the Internet.

CAPRICORN
DEC 22-JAN 20
A lover forgives a flirtation. A suspicious employer is checking facts. Don't doubt that a forlorn woman will change a bad situation.

AQUARIUS
JAN 21-FEB 18
A messy state of affairs is resolved well. Despair will crop up if you're slacking off. Beware those who give affection unconditionally.

PISCES
FEB 19-MARCH 20
A savings account should be investigated. Get perspective or you'll be duped by a ridiculous situation. A little man has power issues.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Cultured bloke's campsite homes (1)
2. Overly self-assured galoot (1)
3. Largest Greek island armada (1)
4. Car-trailer connector snag (1)
5. Close inspection of a shipboard rebellion (3)
6. More pancake-like LP record (2)
7. Approaching "Rah!" and "Olé" sounds (2)

ANSWERS
1. GENTS TENTS 2. SMUG LUG 3. CRETE FLEET 4. HITCH GLITCH
5. MUTINY SCRUTINY 6. FLATTER PLATTER 7. NEARING CHEERING

This day in history

NOV. 4, 1918: The German Revolution begins when 40,000 sailors take over the port in Kiel.
NOV. 4, 1922: In Egypt, British archaeologist Howard Carter and his men find the entrance to King Tutankhamun's tomb in the Valley of the Kings.
NOV. 4, 1973: The Netherlands experiences the first Car Free Sunday caused by the 1973 oil crisis. Highways are deserted and are solely used by cyclists and roller skaters.
NOV. 4, 2002: Chinese authorities arrest cyber-dissident He Depu for signing pro-democracy letter to the 16th Communist Party Congress.

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